

1. Analyse game & present it simply.
in one word syllable.

Aims.

- 1) Contribute to health through exercise. co-ordination
- 2) Make children happy.
- 3) Develop character traits & interests.
- 4) Leisure time.

Character.

- co-operation
- unselfishness
- perseverance
- initiative
- honesty
- obedience.
- loyalty
- courage
- good loser.
- neatness
- assuming responsibility.

Happiness

- fun.
- discipline - not too rigid - fair.
- activity in their ability & interest.
- variety
- feeling of achievement.

Exercise

- natural ability.
- games of skill.
- vigorous muscular exercise
- posture.

Lesson - loco-motive activity.
6-12. rhythmic "
tchr. folk-dancing,
singing games.
games.

If they talk.

- 1) can't hear.
- 2) description too long. - short.
- 3) bad choice.

1. Meet class at door.
2. Show them where to go - a line up.
 - not under open windows.
 - not near radiators & chairs.
3. Be cross & strict.
 - don't ignore misdemeanors.
 - don't let anything go.
4. Remark on good points - scold bad ones.
5. Don't talk while children are talking.
 - say something worth hearing.
 - short & simple.
 - speak to people farthest away.
 - clearly, loudly, low.
6. Whistle - everyone stops & listens & looks at you & stands still.
7. Keep them active & interested.
 - explain carefully.
8. Learn names quickly.
 - tell them your name.

9. Know time of music.
- let musician prepare music.
 - let her see class.
 - correct her if necessary.
10. Always give new work.

Grade I	6 yr.	Junior 1 st .	
II	7 yr.	Senior 1 st .	
III	8 yr.	Second book	
IV	9 yr.	Junior 3 rd .	
V	10 yr.	Senior 3 rd .	
{ VI	11 yr.	Junior 4 th .	
	VII	12 yr.	Senior 4 th .
	VIII	13 yr.	

Lesson Plan.

6-9 yr.

Loco-motor activity.

Imitating animals.

- elephant
- galloping horse (trot)
- butterflies
- duck
- ponies.

Dance.

Muffin Man.
Bluebird.

Dance.

- ✓ Cat + Mouse.
- ✓ Skip away.
- Drum a hankerschief.
- Maize merch.

8-9-10 yr.

Loco-motor activity.

Skipping with variations + running.

Dance.

Indian Dances

- ✓ A-Mounting the Mill So.
- Pop Goes the Weasel.

Dance.

- ✓ Fire in the Mountain.
- ✓ Automobile Relay.

Ice - motor activity.

Skipping & swimming with resistance.

Dance.

Irish Lilt.

Rock & Ring.

Highland Fling.

✓ Dutch Couples.

Game.

✓ Under the Arches Relay.

✓ Flying Dutchmen.

6-9 yr.

9-12 yr.

12-15 yr.

Loco-motor activity

running
hopping
skipping

running + leaping
skipping

skipping
running
polka step

2nd dance

Money Bush

~~Polka step~~

~~March~~

Seven Jumps

Virginia Reel

Roca

Rytnapolska

Three Dance

Captain Jinks

Czardas

Irish Lilt

Highland Fling

Games

Squirrels in Trees

Skip Tag

Run Rabbit

Run

Forest Lookout

Pincho

New Orleans

Chain Tag

Attention

Knicks

Field Hockey

Skin the Snake

Catch & Throw

Islands

Message Relay

Muffin Man

Bluebird

chalk
whistle
watch

imitating animals

- elephant

- galloping horse (hoof)

- butterflies

- duck

- monkey

Grade I + II.

Rhythmical Activities.

Danish Dance of Grunting	P. 99.
Chimes of Dunkirk	98.
I see you.	
Shoemaker	98.
Pussy Cat, Pussy Cat	108.
Little Bo-Peep	133.

Story Plays.

Little Miss Muffet.

Action	Movement.
Miss Muffet runs home.	1. Running & skipping.
She takes a bowl from a high shelf.	2. Stretching tall with hands reach'g high.
She carries the bowl outside.	3. Balance march'g, arms held chest high.
She looks around for a place to sit.	4. Head & trunk turning.
Sits down & begins to eat.	5. Sit down. Backward moving of head as hand is brought to mouth.
Along comes a spider.	6. Walking & swaying.
Frightens "Miss Muffet."	7. Jump up & run in place.
She is safe when safe.	8. Deep breathing.

A day on the farm.

- 1) Run to farmhouse.
- 2) Change to play clothes.
- 3) Climb ladder & pick apples.
- 4) Hunt for eggs.
- 5) Pick up potatoes & tie the bag.
- 6) Drive horses.
- 7) Throw sticks for dog.
- 8) Crawl like a rooster.

Circus.

- 1) Run to entrance.
- 2) Point at big pictures.
- 3) Walk like tight rope walker.
- 4) Imitate animals - giraffe, elephant.
- 5) Throw peanuts to monkeys.
- 6) Blow up a balloon.

Play in the snow.

- 1) Reach up for cap & coat & put them on.
- 2) Pull on mittens.
- 3) Walk through deep snow.
- 4) Roll a snowball to make a snowman.
- 5) Stamp feet & swing arms to get warm.
- 6) Blow on hands to get them warm.



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